## SLOW THE SPREAD!

DO YOUR PART TO HELP SLOW THE SPREAD

- 1. Put on your mask **ANYTIME** you are about to leave your room.
- 2. Before putting on your mask, WASH your hands with soap for 20 seconds.
- 3. USE the straps to put the mask over your mouth and nose.
- 4. AVOID touching the outside of your mask.
- 5. AVOID touching your face when wearing your mask.
- 6. Practice SOCIAL DISTANCING and stay 6 feet away from others.
- 7.FOLLOW any directions from staff about where to sit or stand while outside of your room.
- 8. Back in your room, USE the strap to take off the mask.
- 9. HOLD the mask by the strap, away from the toilet or sink, to put it in your tote.
- 10.WASH your hands with soap for 20 seconds after you take your mask off.





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